War for independence costs the lives of Americans. Freedom has always cost, and it always will, and I think it is worth noting the time frame of the wars that this country has fought in and those who died.

In the War of Independence, 5,000 Americans died. In the Mexican-American War, there were 13,000 Americans. In the War Between the States, there were 250,000 Confederates and 350,000 troops of the Union army, but they were all Americans; 600,000 died for this country. In World War I, there was 116,000. In the great World War II, 408,000 died for this country.

My dad was one of those who served in the great World War II, and he, like many veterans of that war, never talked of that engagement until many, many years after that war was over with.

In Korea, it is sometimes said of the Korea war it is the forgotten war, 55,000 Americans died. In Vietnam, 58,000 died. In the first gulf war, 300 troopers died, and in our latest fight in the war in Iraq and Afghanistan, 3,000 have died.

The point being, in these few wars that I have mentioned, not all of the wars, this country has always called upon the American warrior to be the one to protect us from the forces of all evil.

I have had the honor to be in Iraq with many of our troops, as many of our House Members have been, and I find them to be, in my opinion, the greatest military ever assembled, with their morale extremely high.

Over Labor Day weekend, I had the honor to go and see some of our troops in military hospitals overseas and to see and visit with them, and before I went, I asked my staff in Texas to see if we could arrange to have some of the local school kids write and make some homemade cards. In 2 days' notice, they were able to produce about 5,000 handmade cards that I took to our troops overseas, who were very grateful

The point being, I think now in this time in our history our country is grateful to the American warrior for putting their life on the line for the rest of us. So we can do no better than to honor those who have served, the American warrior. And though it was said in the Vietnam era that some gave all and all gave some, that is true of the American veteran. So we thank them on this day and every day, those that served and lived and those that served and did die for this country.

And that's just the way it is.

The SPEAKER pro tempore. Under a previous order of the House, the gentleman from Oregon (Mr. DEFAZIO) is recognized for 5 minutes.

(Mr. DEFAZIO addressed the House. His remarks will appear hereafter in the Extensions of Remarks.)

SMART SECURITY

Ms. WOOLSEY. Mr. Speaker, I ask unanimous consent to speak out of order.

The SPEAKER pro tempore. Without objection, the gentlewoman from California is recognized for 5 minutes.

There was no objection.

Ms. WOOLSEY. Mr. Speaker, last week the American people voted for a new direction in the Nation's Iraq policy. If anything, with the mandate this Democratic majority received, we can be more unapologetic than ever about demanding an end to the Iraq occupation and insisting that we bring our troops home.

But I believe Iraq is a symptom of an even larger problem, that is, a foreign policy that chooses saber rattling over diplomacy and negotiation.

We need an entirely new national security paradigm. For too long, we have equated national security with war and with conquest. It is time we used less brawn and more brains to protect our people and our interests.

Iraq is exhibit A in the case that hawkishness does not necessarily make America safer.

That is where a SMART security plan comes. SMART stands for sensible, multilateral, American response to terrorism.

At its core is a belief that war is a very last resort, that peacekeeping and diplomacy, not invasion and occupation, must be the guiding lights of our foreign policy.

SMART also focuses on stopping the spread of weapons of mass destruction. Not by deposing regimes that do not have them, but with diplomacy, with vigorous inspection regimes and regional security arrangements.

SMART calls for a renewed commitment to the cooperative threat reduction program and calls on the United States to set an example for the world by living up to our own commitments to draw down our nuclear arsenal.

Because, Mr. Speaker, what moral authority do we have to pressure Iran or North Korea about their nuclear ambitions when our government consistently undermines the nuclear and ignores our multilateral obligations in this very area?

Being smart about national security means dramatically rearranging our budget priorities, which in turn means fewer obsolete Cold War weapons systems and more investment in strategies that actually address the security challenges of a new era.

Any smart approach to national security must include an ambitious international development program for impoverished nations, debt relief, democracy building, schooling for women and girls, human rights education, environmental programs, infrastructure development and more.

Think about this, Mr. Speaker. With the money spent on the invasion and occupation of Iraq, we could have fully funded global antihunger efforts for 14 years or provided basic immunization to children around the world for 113 years or fully funded worldwide AIDS programs for 34 years. We could have spent hundreds of billions of dollars to save lives, instead of destroying them.

For the sake of the next generation, the only future that we have got, before we have destroyed civilization itself, we should strive for nothing less than the end of all wars.

Because of the insanity of war and its disproportionate impact on children, I am pledging never again to cast a vote in Congress in favor of any military action, barring an attack on the United States or protecting against genocide and/or ethnic cleansing, and then only with multilateral humanitarian intervention.

Nor will I pick sides in violent global conflicts, except to condemn all acts of war and terror regardless of ideology, regardless of national interests or religion that motivates them. I refuse to decide who is less wrong.

If I could be persuaded that taking up arms actually builds enduring stability, I would reconsider my position, but this notion that war begets peace is as illogical as it sounds. Our preemptive strike on Iraq has, in fact, been a catalyst for increased violence and higher rates of terrorism. Our continued occupation is emboldening the insurgents rather than defeating them. Instead of liberating a nation, the Bush doctrine has ripped it apart, ripped it apart at the seams, and instead of protecting America, it has dealt a blow to our very security.

"War," said Martin Luther King, Junior, "is a poor chisel to carve out tomorrow." Tomorrow belongs to our children. So for their sake, Mr. Speaker, let us protect America by relying not on our basest impulses, but on the most honorable and humane of American values, and let us bring our troops home now from Iraq.

The SPEAKER pro tempore (Mr. SODREL). Under a previous order of the House, the gentlewoman from Florida (Ms. ROS-LEHTINEN) is recognized for 5 minutes

(Ms. ROS-LEHTINEN addressed the House. Her remarks will appear hereafter in the Extensions of Remarks.)

HONORING DR. ROBERT LIPSON

Mr. GINGREY. Mr. Speaker, I ask unanimous consent to speak out of turn for 5 minutes.

The SPEAKER pro tempore. Without objection, the gentleman from Georgia is recognized for 5 minutes.

There was no objection.

Mr. GINGREY. Mr. Speaker, today I rise to honor a great man who led a purpose-driven life that touched many in my State of Georgia and around the country. Unfortunately, he lost his life Friday afternoon in Marietta, Georgia, riding home from work at Kennestone Hospital on his motorcycle, just a mile and a half from his home.

Dr. Robert Lipson, the chief executive officer and president of Wellstar